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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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COMT), [redacted] Val/Met [redacted] [redacted] [redacted]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] COMT (Val/Val)[illegible]
[illegible] [illegible] - [illegible]
[illegible] - [illegible] [illegible]
[illegible], [illegible], [illegible], [illegible]
[illegible] [illegible], [illegible], [illegible]
[illegible] COMT (Met/Met)
[illegible] [illegible] - [illegible]
[illegible], [illegible]
[illegible], [illegible], [illegible], [illegible]
[illegible] [illegible], [illegible], [illegible]
[illegible] ([illegible])[illegible]
[illegible]
[illegible] — [illegible]
[illegible]
[illegible], [illegible]-[illegible], [illegible]

[illegible]

[illegible]

[illegible]—[illegible]

[illegible] - [illegible], [illegible] [illegible]

[illegible]: [illegible] ([illegible]) [illegible], [illegible] [illegible] ([illegible]) [illegible] COMT [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] MTHFR [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]... [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

MTHFR [illegible] **COMT** [illegible] [illegible] [illegible]

[illegible] **COMT —** [illegible] **COMT (Val/Val -** [illegible]**):** [illegible] **COMT (Met/Met -** [illegible]**):** [illegible] **COMT** [illegible] **MTHFR** [illegible] **COMT-**[illegible]

[illegible] - [illegible]

[illegible] ractionitioner [illegible]

CENTURIAN PAPER 15

[illegible]

[illegible]

[illegible]

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[illegible] **$100–300** [illegible] **00** [illegible]

— 15.1 —

[illegible]

[illegible]

[illegible]:
[illegible] = [illegible] **(**[illegible]**)**[illegible]
[illegible] = [illegible] **(**[illegible]**)**[illegible]
[illegible]: **MTHFR-**[illegible]; **COMT-**[illegible]; **DRD2-**[illegible]; **CYP450-**[illegible]

([illegible]**)** [illegible] - [illegible]; [illegible]
([illegible]**)** [illegible] - [illegible]; [illegible]
([illegible]**)** [illegible] - [illegible]: [illegible], [illegible], [illegible], [illegible]: [illegible] = [illegible]-[illegible] = [illegible]-[illegible], [illegible] **MTHFR** [illegible] **hypothesis** [illegible]—[illegible]

— 15.2 —

MTHFR [illegible]-[illegible]

[illegible]

MTHFR [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible]% [illegible] [illegible] [illegible] [illegible]

[illegible] / [illegible]

[illegible] [illegible] [illegible] →

[illegible]

[illegible], [illegible], [illegible] [illegible] [illegible] [illegible]
MTHFR [illegible]
+2
[illegible], [illegible] [illegible] [illegible] [illegible] [illegible]
MTHFR [illegible]
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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
MTHFR [illegible]
+3
[illegible] (SSRIs) [illegible] [illegible] [illegible] [illegible] [illegible]
MTHFR [illegible]
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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
MTHFR [illegible]
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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
MTHFR [illegible]
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[illegible] [illegible] [illegible], [illegible] [illegible]
MTHFR [illegible]
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[illegible] [illegible] ([illegible] [illegible] [illegible] [illegible])[illegible]
MTHFR [illegible]
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[illegible] [illegible] [illegible] — [illegible] [illegible]
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MTHFR [illegible]
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MTHFR [illegible]
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[illegible], [illegible] [illegible] [illegible] [illegible]
MTHFR [illegible] [illegible] [illegible] [illegible] [illegible]
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MTHFR [illegible]
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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
MTHFR [illegible] ([illegible] [illegible])[illegible]
+1

MTHFR [illegible]:
0-4 [illegible]: **MTHFR** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(COMT, CYP450)**[illegible]
5-9 [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(400mcg** [illegible]**)** [illegible] [illegible] [illegible] [illegible]
10+ [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] "[illegible]"[illegible]
[illegible] [illegible]
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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible]
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[illegible] [illegible] [illegible] (Met/Met - [illegible])[illegible]

[illegible] →

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[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible]
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[illegible] [illegible]
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[illegible] [illegible] [illegible] [illegible]Predictability [illegible] [illegible] [illegible] [illegible]
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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] (Predictability [illegible])[illegible]
+1

COMT [illegible] [illegible]:

[illegible] "[illegible]" [illegible] (2 [illegible] [illegible] [illegible]): [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible]-[illegible] [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]: [illegible]- [illegible] (Predictability [illegible]) — [illegible]; [illegible] [illegible] [illegible] **MAOI** [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] "[illegible]" [illegible] (2 [illegible] [illegible] [illegible]): [illegible] [illegible] **overwhelmed** [illegible] [illegible]—[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]... [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible], [illegible], [illegible]-[illegible] [illegible], [illegible] [illegible] [illegible]**Predictability,** [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible], [illegible]-[illegible], [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— 15.4 —

CYP450 [illegible]-[illegible]

[illegible] [illegible] [illegible] [illegible]

CYP450 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (variants) [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

CYP2D6 [illegible]

[illegible] [illegible] [illegible] →

[illegible]

[illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]
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[illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
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CYP2D6 [illegible]
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[illegible] [illegible] [illegible] [illegible]
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+1

CYP2C19 [illegible]

[illegible] [illegible] [illegible] →

[illegible]

[illegible] (CYP2C19*2, CYP2C19*3, CYP2C19*17) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible]
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+1
[illegible] ([illegible] [illegible])[illegible]
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+2
[illegible] [illegible] [illegible]— "[illegible] [illegible]"
[illegible]
+2

[illegible] [illegible] **(Reward Deficiency Score)** [illegible]:

0–5 [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **, COMT** [illegible] **MTHFR** [illegible] [illegible] [illegible]

6–12 [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]

13+ [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] **DRD2** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]

[illegible] MTHFR + [illegible] RDS — [illegible] [illegible] [illegible]; [illegible], [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible] + [illegible] COMT — [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible], [illegible], [illegible]

[illegible] [illegible]

[illegible] [illegible] COMT + [illegible] [illegible] MTHFR — [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] CYP [illegible] [illegible] RDS— [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] CYP [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] (MAT) [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]-[illegible]

[illegible] [illegible] [illegible] [illegible]— [illegible] [illegible]; [illegible] MTHFR ([illegible]) [illegible] [illegible] [illegible], [illegible] COMT [illegible] [illegible] RDS [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible]

[illegible] [illegible], [illegible]

[illegible] (GABA) [illegible] [illegible], [illegible] [illegible] (Worrier COMT)[illegible]

[illegible]
MDMA
[illegible]
[illegible]
[illegible]

— 15.7 —

[illegible]

[illegible]:

[illegible] **MTHFR-**[illegible]: '[illegible]' [illegible] [illegible] [illegible]

— 15.8 —

[illegible]

[illegible], [illegible]:

** [illegible]
* [illegible]
* [illegible]
* [illegible], [illegible] findahelpline.com[illegible]*

[illegible]

[illegible]

23andMe [illegible] AncestryDNA ([illegible]: [illegible])[illegible]

[illegible]; [illegible]; [illegible]; [illegible]; [illegible]; [illegible]

[illegible]

[illegible] ([illegible]), [illegible] ([illegible]), [illegible] ([illegible]) - [illegible]

[illegible]-[illegible])[illegible]

[illegible]; [illegible]; [illegible]; [illegible]; [illegible]

[illegible]-[illegible])[illegible]

GeneSight, Genomind, OneOme - [illegible]; [illegible] MAT ([illegible]) [illegible]

[illegible]-[illegible])[illegible]

[illegible]; [illegible]; HSA/FSA [illegible]

[illegible]: **23andMe** [illegible] **Ancestry** [illegible]% [illegible]—[illegible], [illegible]: [illegible] [illegible] MAT ([illegible]-[illegible]) [illegible]; "[illegible]" [illegible] "[illegible]" [illegible]: [illegible] **23andMe** [illegible] **Ancestry** [illegible]**alogy-**[illegible] [illegible] **Genetic Genie-**[illegible] ([illegible]) [illegible] **(Promethease) ($12)** [illegible]: [illegible] [illegible]; [illegible] [illegible]-[illegible]% [illegible]; [illegible] [illegible]; [illegible] [illegible]; [illegible]

[illegible] (**[illegible], overwhelmed,** [illegible] [illegible] [illegible])[illegible]
CYP450 [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (**[illegible]** [illegible] = [illegible] [illegible]; [illegible] [illegible] = [illegible] [illegible]); [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible], **ADHD** [illegible], [illegible] [illegible] [illegible]; [illegible] **DRD2** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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30-60 [illegible]
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BDNF-[illegible] [illegible] [illegible] [illegible] – [illegible] [illegible] [illegible]:

* [illegible] **BDNF** [illegible] [illegible]
* [illegible] **BDNF** [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]
* [illegible] [illegible] **BDNF-**[illegible] [illegible]
* [illegible] **BDNF-**[illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]
* [illegible] **BDNF** [illegible] [illegible]; [illegible] [illegible]
* [illegible] **BDNF-**[illegible] [illegible]

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CENTURIAN PAPER 18

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* [illegible] [illegible] (**[illegible]:** [illegible], [illegible], [illegible]) — [illegible] [illegible]
* [illegible] (**[illegible]** [illegible]) — [illegible] [illegible] [illegible]
* **NSAIDs (**[illegible]**:** [illegible], [illegible]**)** — [illegible] [illegible] [illegible]

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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[illegible] [illegible] [illegible] [illegible] **(**[illegible] [illegible] [illegible]**)** [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible]
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[illegible] [illegible] **([illegible], [illegible], [illegible]) —** [illegible] [illegible]: [illegible] [illegible] → [illegible] [illegible] [illegible] → [illegible] [illegible]: [illegible], [illegible], [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] (**[illegible]**, [illegible], [illegible], [illegible]) — [illegible]: [illegible] [illegible] → [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible]: [illegible], [illegible], [illegible], [illegible], [illegible], [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] (**[illegible]**, [illegible]-[illegible])[illegible] [illegible] [illegible] [

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[illegible] **BDNF —** [illegible] **Brain-Derived Neurotrophic Factor** [illegible] **BDNF**, [illegible]

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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[illegible] **prescribing physician-**[illegible] [illegible] [illegible] [illegible] [

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⚠ [illegible] - [illegible] [illegible] [illegible] - [illegible]

[illegible] **(**[illegible]**): Xanax (alprazolam), Valium (diazepam), Klonopin (clonazepam), Ativan (lorazepam)**[illegible] [illegible] [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible]

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1. [illegible] [illegible] **"sobriety"-[illegible] [illegible]-[illegible] (polypharmacy)** [illegible] **Dealer** [illegible] **pharmacy,** [illegible]

2. [illegible]:
* **Benzodiazepines:** [illegible],
* **Opioids:** [illegible] **formal MAT (medication-assisted treatment)** [illegible]
* **[illegible]:** [illegible] **"rebound insomnia"** [illegible]
* **[illegible]:** [illegible]
* **Gabapentinoids:** [illegible]

3. [illegible] **MAT ([illegible]-[illegible])** [illegible]... [illegible] **Recovery Kernel-**[illegible]

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CENTURIAN PAPER 22

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[illegible], [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible]

[illegible], [illegible], [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

[illegible]:

* *[illegible]?*
* *[illegible]?*
* *[illegible]?*
* *[illegible]?*
* *[illegible]?*
* *[illegible]*
* *[illegible]*
* *[illegible]?*
* *[illegible]?*
* *Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com*

[illegible] [illegible] [illegible] [

— 37.6 —

[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible] **bypass** [illegible]

[illegible] **abstinence** [illegible]

[illegible] **-** [illegible]

[illegible] [illegible]

[illegible]-й [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **GLP-1** [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **FDA** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] **compulsion-**[illegible] [illegible] [illegible] [illegible]

* [illegible] [illegible]—[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
* [illegible] [illegible] [illegible]—[illegible] [illegible]... [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **GLP-1** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]**) GLP-1** [illegible] [illegible] **GIP (**[illegible]-[illegible] [illegible] [illegible] [illegible]**)** [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible]% [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible]%[illegible] [illegible] [illegible], [illegible]-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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[illegible] [illegible] [illegible] [illegible]: "[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]

[illegible] - [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] фармакологический [illegible], [illegible] [illegible]

— 44.5 —

[illegible] [illegible] [illegible]—[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?

[illegible] [illegible] [illegible] [illegible] [illegible]:

[illegible] [illegible] **GLP-1** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] - [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]

[illegible]

[illegible]— [illegible], [illegible] [illegible]

— [illegible] [illegible] [illegible] [illegible]

[illegible] — [illegible].[illegible] — [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] **Rhône-Poulenc-**[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

> [illegible] [illegible] ("[illegible]") [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
>
> [illegible] [illegible] prescriptions [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (e.g. [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— [illegible]-[illegible].[illegible] —

[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]iatrogenic [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

> [illegible] [illegible] [illegible] **-** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] (Level 1).

[illegible] ([illegible], [illegible], [illegible]), [illegible] [illegible]-[illegible], [illegible] movement; [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] ([illegible] = [illegible] [illegible]) [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] / [illegible] [illegible]

[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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* *[illegible]*
* *[illegible]*
* *[illegible] (Recovery Kernel)*
* *naloxone*
* *COMT, DRD2, MTHFR*
* *Blueprint*
* *findahelpline.com*

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SMART Recovery

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moderation [illegible]

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r/stopdrinking, r/leaves, [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]

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* [illegible] **(SMART)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] **нервной** [illegible] [illegible] [illegible] [illegible] **трав**[illegible] [illegible] [illegible];
* [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible];
* [illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

CENTURIAN PAPER 17

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Crisis Resources: 988 (Suicide & Crisis Lifeline) | Crisis Text: Text HOME to 741741 | SAMHSA: 1-800-662-4357

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* **[illegible] ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]);**
* **[illegible]-[illegible] ([illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]);**
* **[illegible] ([illegible] [illegible] [illegible] [illegible])[illegible], [illegible], [illegible] [illegible]); [illegible] ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible]); [illegible] ([illegible] [illegible] [illegible], [illegible] [illegible])[illegible] [illegible]: "[illegible] [illegible] [illegible] [illegible]" "[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]?" "[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]" "[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]" "[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]..** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] **(Enabler):** [illegible] **(Enabler)** [illegible]: "[illegible]?" [illegible]

"[illegible]" **(The Hero):**
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** [illegible] [illegible] [illegible]*
** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]*
** [illegible] [illegible] [illegible]*

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible]: "[illegible] [illegible] [illegible] [illegible]" [illegible] [illegible]... [illegible] [illegible]— [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]

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[illegible]—"[illegible] [illegible] [illegible] [illegible] [illegible]"; **линию** [illegible] [illegible]
[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]:

* [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
* "[illegible] [illegible] [illegible]" [illegible] [illegible] [illegible] [illegible]
* [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
* "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
* [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] **withdrawal** [illegible]- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]... [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— 31.4 —

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[illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

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[illegible]

All of the above combined

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— 31.5 —

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* [illegible]
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* **L-Theanine** [illegible] -
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[illegible] **warning** [illegible]: [illegible] **-** [illegible]
[illegible] **relapse (**[illegible]**)** [illegible] **near-relapse (relapse** [illegible]**)** [illegible]
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* **[redacted]** — [redacted]
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* **[redacted]** — [redacted]:
[redacted]: **[redacted] (Five Whys)** [redacted]
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> [illegible] **victim** ([illegible]), **partner** ([illegible]) [illegible] **seeker** ([illegible]) [illegible]—[illegible] **compulsion** [illegible]

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* *[illegible] (Repetition)*
* *[illegible] (Parallelism)*
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> [illegible] — [illegible]
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> [illegible] **abandonment-**[illegible]

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[illegible] **suppression paradox** [illegible] **disturbing**

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    *   [illegible]-[illegible] (X-ray): [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] (soft tissue) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
    *   [illegible] [illegible] (CT scan): [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible]
* [illegible]—[illegible], [illegible]-[illegible] [illegible] [illegible]; [illegible] [illegible]
* [illegible]—[illegible], [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] (**[illegible]: [illegible] affirmation,** [illegible]-[illegible] [illegible]) [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible], [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

**[illegible], [illegible] [illegible] [illegible]

[illegible] 35S.c

[illegible] [illegible]

[illegible], [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible],
[illegible] [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] -

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[illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]

> [illegible] **awkwardness-**[illegible] **loneliness** [illegible]

— 35S.c.4 —

[illegible]:

* [illegible] **(Static friction)**
* [illegible] **(Kinetic friction)**
* [illegible] **(Rolling friction)**
* [illegible] **(Fluid friction)**
* [illegible] **(Internal friction)**

[illegible]:

> **ersketing,** [illegible] **prescription:** [illegible]

[illegible] [illegible] - [illegible]-[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]

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[illegible] 35S.d

[illegible]

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> [illegible] [illegible] [illegible]

[illegible] **...** [illegible] **(BFRB)** [illegible]**:** [illegible]

— 35S.d.3 —

[illegible]

[illegible]

[illegible]

[illegible] **-** [illegible] **клептомания** [illegible]**:** [illegible] **(SSRIs)** [illegible] **(Cognitive behavioral therapy)** [illegible]; [illegible]

[illegible] **–** [illegible]

[illegible] **– compulsion (**[illegible]**)** [illegible]

Intermittent Explosive Disorder (IE)

[illegible]**:** [illegible]

[illegible]:

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[illegible] [illegible] — [illegible]-α [illegible] [illegible]:
[illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible] [illegible] [illegible]

MTHFR [illegible] [illegible] [illegible] [illegible]

[illegible] → [illegible] → [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] — [illegible] [illegible] **([illegible])** [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **(L-[illegible] / 5-MTHF):** [illegible] [illegible]-[illegible]**mcg;** [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]; **MTHFR** [illegible] [illegible] [illegible] [illegible]; **SAM** [illegible] [illegible] [illegible] [illegible] [illegible] **(**[illegible] [illegible] [illegible]**):** [illegible] [illegible]**mcg;** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]**: SAMe (S-adenosylmethionine):** [illegible]**0–**[illegible] [illegible] [illegible] **(**[illegible]**,** [illegible] [illegible]**;** [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible]-[illegible] [illegible] [illegible]:

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible]:

[illegible] **(ART)** [illegible]:

[illegible] **(Sustiva)** [illegible] [illegible] [illegible] **NNRTI** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible]

[illegible]

> [illegible] **P-5-P** [illegible]... [illegible]—**N3** [illegible], **REM** [illegible]—[illegible]... [illegible]—[illegible]

[illegible] [illegible] [illegible]

[illegible] [illegible]

STI [illegible]

[illegible], [illegible], [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible]

[illegible] **—** [illegible].[illegible] [illegible] [illegible] [

[illegible]

[illegible]

[illegible] [illegible] IL-1β, IL-6 [illegible] TNF-α [illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

[illegible]

[illegible]

[illegible] [illegible]

[illegible]

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[illegible] [illegible] "[illegible]"[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **PHN-**[illegible] [illegible] [illegible] [illegible] [illegible] [

[illegible]: [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] **(Neisseria gonorrhoeae)** [illegible] [illegible] **(Chlamydia trachomatis)** [illegible] [illegible] [illegible] [illegible]

[illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] — [illegible]:

[illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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* [illegible] **KSM-66** [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible].[illegible] [illegible] [illegible].[illegible] [illegible] [illegible] [

[illegible] ([illegible])[illegible]

[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] (DIM, [illegible], [illegible] [illegible]) [illegible] [illegible]

AHCC, [illegible] [illegible], [illegible], [illegible] DIM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible]/[illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] (STI) [illegible] [illegible]present [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] взаимодей[illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]; [illegible] [illegible]-[illegible] [illegible]; [illegible] [illegible] [illegible]; [illegible] [illegible]

[illegible]:

* [illegible] [illegible] [illegible] **(STI)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible], [illegible] **(HPA)** [illegible], [illegible] [illegible] [illegible] **(IDO)-**[illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]
* [illegible] **(HSV)-**[illegible] [illegible]**ком**[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible]**ком**[illegible] [illegible] [illegible] **(NK cell)** [illegible] [illegible] [illegible] **(outbreak)** [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]
* [illegible]**-**[illegible] [illegible] **(**[illegible]**/VZV)** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

— [illegible] VIII-[illegible] —

[illegible] 0 — [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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THE RECOVERY KERNEL — COMPLETE CENTURION COMPENDIUM

এই কোডনগুলোর অবস্থা নির্ধারণ করুন :

{

MTHFR

মিথাইলিনেটেট্রাহাইড্রোফোলেট রিডাক্টেজ (MTHFR).

ওয়াইল্ড টাইপ — স্বাভাবিক কার্যকলাপ।

C677T হেটেরোজাইগাস (প্রায় ৪০ % হ্রাস)।

C677T হোমোজাইগাস (~৭০% হ্রাস) ⚠

A1298C হেটেরোজাইগাস (হালকা হ্রাস)।

A1298C হোমোজাইগাস (প্রায় ৩৫ % হ্রাস)।

কম্পাউন্ড হেটেরোজাইগাস সি৬৭৭টি +এ১২৯৮সি ⚠⚠

অজানা / এখনও পরীক্ষা করা হয়নি।

COMT

ক্যাটেকল -ও-মিথাইলট্রান্সফারেজ (ভ্যাল 158মেট)।

Val/Val — দ্রুত বিপাককারী ('যোদ্ধা ')

ভ্যাল /মেট - মাঝারি বিপাককারী।

Met/Met — ধীর বিপাক (উদ্বিগ্ন)। ⚠

অজানা / এখনও পরীক্ষা করা হয়নি।

CYP2D6

সাইটোক্রোম পি 4৫০ ২ডি৬।

স্বাভাবিক বিপাকীয় ক্ষমতা সম্পন্ন।

মাঝারি বিপাককারী (আইএম)।

দুর্বল বিপাককারী (৪/৪ অথবা সমতুল্য) ⚠⚠

আল্ট্রা - মেটাবোলাইজার (ইউএম জিন ডুপ্লিকেশন)। ⚠

Harm Reduction Resource — Not Medical Advice | Crisis: 988 or 911 | 561

THE RECOVERY KERNEL — COMPLETE CENTURION COMPENDIUM

অজানা / এখনও পরীক্ষা করা হয়নি।

CYP3A4/5

সাইটোক্রোম পি 450 ৩এ৪/৫।

সাধারণ কার্যক্রম।

কম কার্যকলাপ (*২২ অ্যালিল) ⚠

অত্যন্ত সক্রিয় (বিরল বৈশিষ্ট্য)।

অজানা / এখনও পরীক্ষা করা হয়নি।

CYP2C19

সাইটোক্রোম পি৪৫০ ২সি১৯।

স্বাভাবিক বিপাকীয় ক্ষমতা সম্পন্ন।

মাঝারি বিপাককারী (আইএম)।

দুর্বল বিপাককারী (পিএম) ⚠

দ্রুত /অত্যন্ত দ্রুত বিপাককারী (আরএম/ইউএম)।

অজানা / এখনও পরীক্ষা করা হয়নি।

CYP1A2

সাইটোক্রোম পি৪৫০ ১এ২।

স্বাভাবিক বিপাক ক্রিয়া।

ধীর বিপাক ক্রিয়া ⚠

দ্রুত বিপাক হওয়া।

অজানা / এখনও পরীক্ষা করা হয়নি।

SLC6A4

সেরোটোনিন ট্রান্সপোর্টার জিন (5-HTTLPR)।

দীর্ঘ /দীর্ঘ (ল/ল) — উচ্চ SERT প্রকাশ।

দীর্ঘ /সংক্ষিপ্ত (ল/স) — মধ্যবর্তী এসইআরটি অভিব্যক্তি।

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THE RECOVERY KERNEL — COMPLETE CENTURION COMPENDIUM

ছোট/ছোট (s/s) — কম SERT, উচ্চ লিম্বিক প্রতিক্রিয়াশীলতা ⚠

অজানা / এখনও পরীক্ষা করা হয়নি।

MAOA

মনোঅ্যামিন অক্সিডেস এ (ইউভিএনটিআর প্রমোটার)।

উচ্চ কার্যকলাপ (4R অ্যালিল) — ক্যাটেকোলামিনের কার্যকর অপসারণ।

মধ্যবর্তী কার্যকলাপ (3.5আর অ্যালিল)।

কম কার্যকলাপ (3R - 'ওয়ারিয়র জিন ') ⚠ মানসিক অবস্থার আকস্মিক পরিবর্তন হওয়ার ঝুঁকি।

অজানা / এখনও পরীক্ষা করা হয়নি।

HNMT

হিস্টামিন এন -মিথাইলট্রান্সফারেজ (rs11558538)

⚙ প্রোটোকল পি ০৯

স্বাভাবিক কার্যক্রম — স্বাভাবিক হিস্টামিন নিঃসরণ।

ধীর কার্যকলাপ , হেটেরোজাইগাস — □□□□□□□elevated সিএনএস হিস্টামিন।

ধীর কার্যকলাপ (T105I হোম) ⚠ সংবেদী গেটিংয়ের দুর্বল হওয়ার ঝুঁকি।

অজানা / এখনও পরীক্ষা করা হয়নি।

OPRM1

মিউ-ওপিওড রিসেপ্টর জিন এ১১৮জি (আরএস১৭৯৯৯৭১)।

A/A — স্বাভাবিক প্রকার , সাধারণ অপিওড সংবেদনশীলতা।

A/G — হেটেরোজাইগাস , রিসেপ্টর বাইন্ডিং -এ হ্রাস (~২৫%)।

G/G — হোমোজাইগাস, উল্লেখযোগ্যভাবে হ্রাসপ্রাপ্ত মিউ -রিসেপ্টর বাইন্ডিং ⚠

অজানা / এখনও পরীক্ষা করা হয়নি।

CYP2C9

সাইটোক্রোম পি 450 2সি 9।

Harm Reduction Resource — Not Medical Advice | Crisis: 988 or 911 | 563

THE RECOVERY KERNEL — COMPLETE CENTURION COMPENDIUM

স্বাভাবিক বিপাক (১/১)।

মাঝারি বিপাককারী (১/২ অথবা ১/৩) ⚠

দুর্বল বিপাক ক্ষমতা (২/২, ২/৩, ৩/৩) ⚠⚠

অজানা / এখনও পরীক্ষা করা হয়নি।

GABRA2

GABA-A রিসেপ্টর আলফা ২ সাবইউনিট (rs279858 / rs279845)

স্বাভাবিক গ্যাবা -এরজিক টোন — স্বাভাবিক ইনহিবিটরি ফাংশন।

কম ঝুঁকির প্রকার - সামান্য উচ্চ □□□□ergic সংবেদনশীলতা।

উচ্চ ঝুঁকি সম্পন্ন প্রকারভেদ ⚠ গাবা -এর কার্যকারিতা হ্রাস / খিঁচুনি হওয়ার প্রবণতা।

অজানা / এখনও পরীক্ষা করা হয়নি।

FAAH

ফ্যাটি অ্যাসিড অ্যামাইড হাইড্রোলেজ (rs324420 / C385A)

C/C — স্বাভাবিক FAAH কার্যকলাপ , স্বাভাবিক এন্ডোক্যানাবিনয়েড নিঃসরণ।

সি /এ — হ্রাসপ্রাপ্ত এফএএইএইচ কার্যকলাপ (প্রায় ৫০ %), বর্ধিত অ্যানান্ডামাইড।

A/A — খুব কম FAAH কার্যকলাপ ⚠ ঘুমের গঠন সংক্রান্ত ঝুঁকির সম্ভাবনা।

অজানা / এখনও পরীক্ষা করা হয়নি।

CYP2B6

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Monoamine Oxidase A (MAOA) [illegible] uVNTR [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 3R [illegible] ([illegible] [illegible] [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible]), [illegible] X-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [

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SLC6A4 Short/Short [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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COMT Val/Val [illegible] [illegible] GABRA2 [illegible]-[illegible] [illegible] (variant) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] "[illegible] [illegible]" [illegible] [illegible] [illegible] [illegible]—[illegible], [illegible] "[illegible] [illegible]"-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] "[illegible] [illegible]" (Shadow Transactions) [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

* [illegible]
* Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com [illegible]

[illegible] resume-[illegible] [illegible] MAOA 3R [illegible] COMT Val/Val [illegible] "secular [illegible]" [illegible] COMT Met/Met (Sage) [illegible] contemplation" [illegible] (тридцать семь [illegible] SLC6A4 Short/Short variant [illegible] parasympathetic [illegible] [illegible] circuitry [illegible] COMT Met/Met ([illegible]) [illegible] OPRM1 G/G [illegible] FAAH A/A [illegible]

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Appendix A

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MTHFR ■■■ Met/Met COMT ■■■■■■■■ ■■■■■■ ■■■■■■■ ■■■ ■■■■ ■■■■■■■ ■■■■■■■■/■■■■■■ ■■■ ■■■■■■■■■ ■■■■■■■ ■■■■■■■ ■■■■■■ ■■■■■■■■■■■■■■■ ■■■■■■■ ■■■ ■■■■■■ ■■■■■■

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IV. ■■■ ■■■■■■■■■■ ■■■■■■ ■■■■■■■■■ ■■■ ■■■■■■■

■■■■■■■■ ■■■■■■■■■■■■■■■ ■■■■■■ ■■■ ■■■■■■■-■■ ■■■■■ ■■■■■ ■■■; ■■■■■■■■■ ■■■■■■ ■■■ ■■■■■■■■ ■■■■■■■■■■■ ■■■■■■■■■■■■ (MSM) ■■■■■■ ■■■■■■■■■ ■■■ ■■■■■■■■■ ■■■■■■■■■■ ■■■■■■■ ■■■■■■ ■■■■■■ ■■■■■■■■■■/■■ ■■■■■■■■■■■ MSM ■■■■■■■■■■■■■■■ ■■■■■■ ■■ ■■■■■■■■ ■■■■■ ■■■■■ ■■■■■■ ■■■■■■■■■ ■■■: ■■■■■■■ ■■■■■■, ■■■■■ ■■■■■■■■ ■■ ■■■, "■■■■■■■■■" (■■■■■ ■■■■■■■ ■■■■■■■■■■ ■■■■■ ■■■ ■■■■■■■■), ■■■ ■■■■■■■■ ■■■■■■■■■ ■■■■■ ■■■■■■■■■ ■■■■■■■■■■■■■ ■■■■■■■■■ (COMT/MTHFR) ■■■■■■■ ■■■■■■ ■■■ ■■■■■■■ ■■■■■■

■■. ■■■■■■■■■ ■■■■■**:** ■■■■■■■■■■**,** ■■■■■■■■**-**■■■■■■■■ ■■■■■■■■■ ■■■ ■■■■■■■■■■■■■ ■■■■■■ ■■■■■■■■ ■■■■■■■ (MSM)-■■■ ■■■■■ ■■■■■■■■■■■■■■■■■■ ■■■■■■■■■■ (RPR/VDRL + ■■■■■■■■■■■■ ■■■■■■■■■■■■)-■■ ■■■■■■■■■■■■ ■■■■ (■■■■■■■■ ■■■■■ ■■■■■-■■■■■■■ ■■■■■■■■■ ■-■ ■■■ ■■■■■■)■ ■■■■■■■■■■ ■■■■■■■■, ■■■■■■■ ■■■■■■■■ ■■■ ■■■■■■■■ ■■■■■-■■■/■■■■■■■■ ■■■■■■■ ■■■■■ ■■■ ■■■■■■ ■■■■■■ ■■■■■ ■■■■■■■■■■■■■■ ■■■■— stigmatization-■■■■■■, ■■■■■■■■ ■■■■■■■■ ■■■■■■■■■ ■■■■ ■■■■ ■■■■■

■■■■. ■■■■■■ ■■■■ ■■■■■■■■ ■■■■■■■■■■

■■■■■■■■■■■■■■ ■■■■■■■■■ ■■■■■■■■■ (■■■■■■■■■■■■■■■ ■■■■■■■■■■) ■■■■ ■■■■■■ (■■■■■■, ■■■■■■■■■ ■■■■■■■■) ■■■■■■■ ■■■■■■ ■■■■■■■■■ ■■■■■■ ■■■■■ ■■■■■ ■■■■■■■ (■■■■■■ ■■■■■ ■■■■■■■■ ■■■■■ ■■■■ ■■■■■■■■ ■■■■■■■ ■■■■) ■■■■■■■■■■■■■ ■■■■■■, ■■■■■■■■■■■■■■■■■■■■ ■■■■■ ■■■■■■■ ■■■■■ ■■■■■■ ■■■■■ ■■■■ ■■■■■ ■■■■■■■■ ■■■■■ ■■■■■, ■■■■■■■■■■ ■■■■■■■■■■■ ■■■■■■ ■■■■■■■■■ ■■■■■■■■ ■■■■■ ■■■■ ■■■■■ ■■■■, ■■■■■ ■■■■ ■■■■■■■ ■■■■■■ ■■■■■

VII. ■■■■■■■■■■■■

(■■■■■■■■ ■■■■ ■■■■■ ■■■■■■■■■■■ ■■■■■, ■■ 2026 ■■■■ ■■■■■■■■■ ■■■■■■■, ■■■■ ■■■■■■ ■■■■■■■ ■■■■■■■ ■■■■■■■■ ■■■■■■■■■■■■, ■■■■■■■■■ ■■■■■■■ ■■■■■■■■ ■■■■■■■■ ■■■■■■■■■■■, ■■■■■■■■■ ■■■■■■■■■■■■■■■/■■■■■■■■■■■■■■■■■ ■■■■■■■ ■■■■ ■■■■■■■ ■■■■■-■■■■■■■■■, ■■■■■■■■■■ ■■■■■■■■■■■ ■■■■■■■/■■■■■■■-■■ ■■■■■■■■ ■■■■■■■ ■■■■ ■■■■■■■■■■■■■■■■■■■■■■■ ■■■■■ ■■■■■■■■■■■■■■■■■■ ■■■■■■■■■■■■■ ■■■■■■■■■■■■■■■■■)

[illegible], [illegible], [illegible] [illegible]-[illegible]
[illegible]
[illegible]

[illegible]
*[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

[redacted] [redacted] [redacted] ([redacted]: [redacted]/[redacted]) [redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [redacted], [redacted] CYP [redacted] ([redacted]: [redacted] CYP2B6 [redacted]) [redacted] [redacted] [redacted] [redacted] MTHFR-[redacted] [redacted] [redacted] [redacted] [redacted] [redacted] [

[redacted], [redacted]

[redacted]

[redacted]

[redacted]
Chlamydia [redacted] (STI)[redacted]
[redacted] NAAT [redacted]

[redacted] - [redacted]
Chlamydia trachomatis [redacted]: [redacted]

[redacted]: [redacted]

[redacted] [redacted]
Chlamydia trachomatis [redacted] (STI)[redacted] (MSM)[redacted] MSM [redacted] (MTHFR-[redacted] COMT Met/Met [redacted]

[redacted]: [redacted] (NAAT, [redacted]кти[redacted])

[redacted] [redacted]

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IV. [illegible]
MSM ([illegible]) [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible]-[illegible]
[illegible] ([illegible]-[illegible] [illegible] [illegible]-[illegible])[illegible]
[illegible] [illegible] [illegible] [illegible] [illegible]— [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]
*[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]% [illegible] [illegible] [illegible] [illegible] (HSV-1 [illegible] [illegible]), [illegible] [illegible]% [illegible] [illegible] (HSV-2 [illegible] [illegible])[illegible] [illegible] [illegible] [illegible] [illegible] [

• [illegible]
• [illegible]
• [illegible] [illegible]
• [illegible]

[illegible] [illegible] [illegible] [

III. [illegible]

[illegible]
[illegible]:

[illegible] [illegible] **II** [illegible]
• [illegible] DRB1 [illegible] DQB1 [illegible]
• [illegible]: HLA-DRB1*15:01 [illegible]
• HLA-DQB1*06:02 [illegible]

[illegible]
• TLR2, TLR3, [illegible] TLR9 [illegible]
• IFNL ([illegible]) [illegible]

3. [illegible] **(KIR)** [illegible] **HLA-C** [illegible]
→ [illegible]

[illegible] / [illegible]
[illegible], [illegible]

[illegible]
"[illegible]" HLA [illegible]
[illegible]
[illegible]
↓ [illegible]

"[illegible]"
[illegible]
→ [illegible]
[illegible]

IV. [illegible]/[illegible]

[illegible] **(**[illegible]**)**[illegible]
[illegible]

• [illegible]
[illegible]: [illegible] [illegible]%[illegible]
↓ [illegible] [illegible]%[illegible]

[illegible]
• [illegible] → [illegible] ↓ [illegible]
• [illegible] ([illegible]) + [illegible] + [illegible] → [illegible]
• [illegible] [illegible]: [illegible], [illegible] رعايت [illegible]: [illegible], [illegible], [illegible], [illegible] "[illegible]" HLA[illegible]

[illegible] **(**[illegible]**)**[illegible]
• [illegible]
• [illegible] [illegible] ([illegible]/[illegible])[illegible]
• [illegible]

##. ########## ### ##########

MTHFR-## ######## ## ### COMT Met/Met ######## ########:

• ######## ######## ######## ######## ### ##### ######## stigmatism (disgraced/disrepute).
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→ ### ##### ######## ###-######## ######## ### ##### #####

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END

[illegible], [illegible], [illegible] [illegible]-[illegible]
[illegible] [illegible] [illegible] (HPV)[illegible]
[illegible] [illegible] [illegible] [illegible]—[illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]
[illegible] (HPV) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]
*[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] (HPV), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] (HPV) [illegible] [illegible] [illegible] [illegible]

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VII. □□□□□□□□□□□

(References drawn from current sources as of 2026, including CDC, WHO, PubMed/PMC, and peer-reviewed journals on HPV epidemiology, genomics, vaccination efficacy in MSM, and ethical frameworks.)

[illegible] [illegible], [illegible] [illegible]-[illegible]
[illegible] [illegible], [illegible] [illegible]
[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

*[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [

[illegible] [illegible] [illegible] [illegible] (HBV) [illegible]% [illegible]). MSM ([illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]) [illegible], COMT/MTHFR [illegible] [illegible] [illegible] [illegible]/[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] HAV [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]. [illegible] [illegible] [illegible] [illegible]

PGx [illegible] [illegible] [illegible]: [illegible] [illegible] (HBV)-[illegible], IL28B [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (HCV)-[illegible], IFNL4 rs12979860 CC [illegible] [illegible]-[illegible] [illegible] (DAA) [illegible] [illegible] [illegible] [illegible] CYP [illegible] ([illegible], CYP2B6, [illegible] [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] MTHFR/COMT [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

IV. [illegible] [illegible] [illegible] [illegible] [illegible]

MSM ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible]: [illegible] (HBV) [illegible] [illegible]-[illegible]%, [illegible] (HCV) [illegible]-[illegible]% [illegible] (HIV)-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] (chemsex)[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]. [illegible] [illegible]**:** [illegible]**,** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

HAV/HBV [illegible] [illegible] [illegible]; HAV-[illegible] [illegible] [illegible] [illegible] [illegible] HBV-[illegible] [illegible] [illegible] [illegible] [illegible] HCV-[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] DAAs ([illegible] [illegible] [illegible]) "[illegible]-[illegible]-[illegible]" [illegible] [illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible]-[illegible]% [illegible])[illegible] HIV-[illegible] [illegible] PrEP (pre-exposure prophylaxis) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]-[illegible] [illegible] PrEP [illegible]

[illegible]. [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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Appendix B

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[illegible] [illegible] [illegible] (CYP) [illegible] [illegible]; MTHFR-[illegible] malabsorption-[illegible] [illegible]

III. [illegible]

[illegible] [illegible] HLA [illegible] I/II [illegible] (B38:02, DQA101:01 [illegible]; B15 [illegible] DQB10301-[illegible] [illegible] CYP [illegible] MTHFR-[illegible] [illegible] [illegible] [

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Appendix C

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VII. [illegible]
(References synthesized from current sources as of 2026, including Cleveland Clinic, American Addiction Centers, Healthdirect, Alzheimer's Society, Family Caregiver Alliance, Medical News Today, Red Rock Recovery, NORD, Merck Manuals, PubMed reviews on genetic factors in WE.)

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7. [illegible] → [illegible] [illegible] [illegible]

[illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]. [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]. [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]. [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

- [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible]
- [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]

- [illegible] [illegible] [illegible]: [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible], [illegible], [illegible]

[illegible]: [illegible]-[illegible] [illegible] [illegible] (PTSD), [illegible], [illegible]fragmentation[illegible]

[illegible]: [illegible] [illegible], [illegible]

[illegible]: [illegible] [illegible], [illegible]

[illegible] [illegible]: [illegible], [illegible], [illegible]

[illegible]: [illegible] [illegible], [illegible], [illegible]

[illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible]

[illegible] [illegible]

[illegible], [illegible] [illegible] [illegible] [illegible] "[illegible]" [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]), [illegible] [illegible] [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]. [illegible] [illegible]

- MTHFR ([illegible]):
  - [illegible] [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible] [illegible]
  - [illegible] [illegible] (MTHFR-[illegible], [illegible], [illegible]) [illegible] [illegible]
- COMT ([illegible] [illegible]):

[illegible], [illegible] [illegible] [illegible] [illegible]

  - [illegible] COMT [illegible] MTHFR-[illegible] [illegible] = [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

Result:

- [illegible] [illegible] = [illegible] [illegible] [illegible]
- [illegible] = [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]

[illegible]. [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] MTHFR-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (PFC): [illegible] [illegible], [illegible] [illegible] [illegible] → [illegible] [illegible] → [illegible] [illegible], [illegible], [illegible] ADHD-[illegible] [illegible] [illegible]

[illegible] ([illegible] [illegible]): [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] → [illegible] [illegible], [illegible]

[illegible] [illegible]: [illegible]/[illegible] [illegible] [illegible] [illegible], [illegible] [illegible]

[illegible]: [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] → [illegible], [illegible], [illegible]

[illegible]: [illegible] [illegible] impaired [illegible] → [illegible] [illegible], [illegible] [illegible]

[illegible]: [illegible] [illegible] [illegible] → [illegible], [illegible], [illegible] [illegible]

[illegible] ([illegible]/[illegible]): [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] нестабильно [illegible] [illegible] [illegible] [illegible]

3. [illegible] [illegible]

- [illegible]:
  - [illegible] [illegible] → [illegible] [illegible]
  - COMT [illegible] [illegible] [illegible]
  - [illegible]: [illegible], [illegible] [illegible] [illegible] [illegible]
- [illegible] ([illegible] C677T [illegible], [illegible] [illegible]-[illegible]% [illegible] [illegible]):
  - [illegible] [illegible] [illegible] → [illegible] [illegible] [illegible]

o [illegible] → [illegible]-[illegible], [illegible]
o [illegible]: [illegible], [illegible], [illegible], [illegible], [illegible]

4. [illegible] **(**[illegible]**)**[illegible]
[illegible]
[illegible]: [illegible] → [illegible] [illegible]
[illegible]: [illegible] → [illegible]
[illegible] → impaired methylation-[illegible] → [illegible] → [illegible] (PFC)
[illegible]: COMT [illegible] MTHFR-[illegible] → [illegible]
[illegible] → [illegible] → [illegible]
[illegible]: COMT Met/Met + MTHFR-[illegible] → [illegible] гиперактивность[illegible]

5. [illegible]
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o [illegible] MTHFR-[illegible]
o [illegible]-[illegible] (ADHD, [illegible])
• [illegible]:
o [illegible] ([illegible], [illegible], [illegible], [illegible])[illegible]
[illegible]. [illegible]: [illegible], [illegible], [illegible]
• [illegible]:
o [illegible] [illegible] MTHFR [illegible] COMT [illegible]
[illegible]
o [illegible] ([illegible]-[illegible], трав[illegible]-[illegible], [illegible]) [illegible]
[illegible]

[illegible]:
MTHFR [illegible] [illegible]
[illegible]

Appendix E

[illegible]
[illegible]—[illegible]

[illegible]—[illegible]—[illegible]—[illegible]

[illegible], [illegible] [illegible]-[illegible]
[illegible] [illegible] **([illegible])**[illegible]
[illegible], CYP450 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]

*[illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] (UTI) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] (E. coli, [illegible] [illegible] [illegible] [illegible], [illegible]), [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] ([illegible] [illegible] [illegible], [illegible] [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] ([illegible]: [illegible], [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (>3 [illegible] 3 [illegible]) [illegible]-[illegible]% [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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